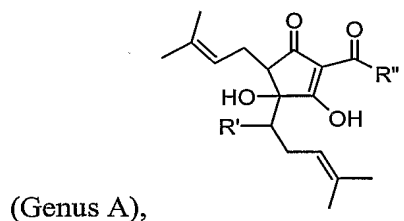


What is claimed is:

1. A composition comprising a reduced isoalpha acid (RIAA) and isoalpha acid (IAA) isolated from hops, wherein the RIAA and IAA are in a ratio of about 3:1 to about 1:10.
2. The composition of claim 1, wherein said isoalpha acid is selected from isohumulone, isocohumulone, and isoadhumulone.
3. The composition of claim 1, wherein said reduced isoalpha acid is selected from dihydro-isohumulone, dihydro-isocohumulone, and dihydro-adhumulone.
4. A method of reducing inflammation, comprising administering a composition comprising a reduced isoalpha acid (RIAA) and isoalpha acid (IAA) isolated from hops, wherein the RIAA and IAA are in a ratio of about 3:1 to about 1:10.
5. The method of claim 1, wherein said isoalpha acid is selected from isohumulone, isocohumulone, and isoadhumulone.
6. The method of claim 1, wherein said reduced isoalpha acid is selected from dihydro-isohumulone, dihydro-isocohumulone, and dihydro-adhumulone.
7. A method of reducing inflammation, comprising administering at least two compounds of Genus A having the formula:



wherein R' is selected from the group consisting of carbonyl, hydroxyl, OR, and OCOR,  
 wherein R is alkyl;

and wherein R'' is selected from the group consisting of CH(CH<sub>3</sub>)<sub>2</sub>, CH<sub>2</sub>CH(CH<sub>3</sub>)<sub>2</sub>, and CH(CH<sub>3</sub>)CH<sub>2</sub>CH<sub>3</sub>, wherein the two compounds are in a ratio of about 10:1 to about 1:10.